

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Milwaukee Store, Midwest Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about low sodium foods:

<http://www.wholefoodsmarket.com/specialdiets>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Ahl!Laska

Organic Chocolate Syrup

Ener-G

Egg Replacement

Mothers

Toasted Wheat Germ

Pamela's Products

Ultra Chocolate Brownie Mix

Scharffenberger

Unsweetened Baking Chocolate Bar

Sunspire/Sunlight

Chocolate Chips

Dark Organic Chocolate Chips

Beverages

365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

Club Soda

Cola

Cranberry Cocktail Juice

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Ginger Ale

Italian Lemon Sparkling Water

Italian Orange Soda

Italian Sparkling Lemon/Strawberry Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Key Lime Soda

Orange Creme Soda

Orange Juice

Orange Juice High Pulp

Orange Juice with Calcium

Raspberry Soda

Beverages (Cont'd)

365 Every Day Value™

- Root Beer Soda
- Ruby Red Grapefruit Juice

365 Organic Every Day Value™

- Apple Cranberry Juice
- Apple Juice
- Berry Juice
- Cherry Juice
- Cranberry Juice Cocktail
- Lemonade Juice
- Red Grape Juice
- Rice Milk, Vanilla

Ceres Fruit Juices

- Guava Juice
- Passion Fruit Juice

Droste

- Imported Cocoa

Knudsen

- Low Sodium Veggie Juice

Lakewood Juice

- Organic Pure Carrot Juice

Martinellis

- Apple Juice

Vruit

- Apple Carrot Juice
- Berry Veggie Juice
- Tropical Blend Juice

Bread

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

Alvarado Street Bakery

- Sesame Seed Bagels

Ener-G

- Brown Rice Bread
- Tapioca Loaf

Bread (Cont'd)

Food For Life

- Brown Rice Bread - Gluten & Wheat Free
- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread - Gluten & Wheat Free
- Rice Almond Bread - Wheat Free

French Meadow Bakery

- Brown Rice Bread
- European Sourdough Rye Bread

Nature's Path

- Carrot Raisin Bread

Whole Kitchen™

- Organic Blue Corn Tortillas

Candy and Chocolate

The Ginger People

- Peanut Ginger Chews
- Spicy Apple Ginger Chews

Canned Goods

Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

Eden Foods

- Adzuki Beans
- Black Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Organic Black Soy Beans
- Pinto Beans

Minerva

- Whole Roasted Chestnuts

Santa Cruz Organic

- Cinnamon Applesauce Cup

Canned Goods (Cont'd)

Westbrae

- Organic Black Beans
- Organic Garbanzo Beans
- Organic Kidney Beans
- Organic Pinto Beans

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin
- Apricot Halves in Pear Juice
- Bamboo Shoots, Sliced
- Black Beans, No Salt Added
- Garbanzo Beans, No Salt Added
- Kidney Beans, No Salt Added
- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt
- Water Chestnuts, Sliced
- Water Chestnuts, Whole

365 Organic Every Day Value™

- Black Beans
- Cinnamon Applesauce
- Coconut Milk
- Coconut Milk, Lite
- Diced Tomatoes, No Salt Added
- Garbanzo Beans
- Italian Cherry Tomatoes with Basil
- Italian Whole Peeled Tomatoes with Basil
- Kidney Beans

Cereal

365 Organic Every Day Value™

- Golden Flax Flakes
- Hearty Whole Grain Toasted O's
- High Fiber Cereal
- Oat & Honey Granola

Arrowhead Mills

- Amaranth Flakes Cereal
- Organic Shredded Wheat
- Organic Spelt Flakes
- Organic Sweetened Shredded Wheat Cereal

Cereal (Cont'd)

Barbara's Bakery

- Apple Cinnamon Toasted O's
- Honey Rice Puffins Cereal
- Organic Brown Rice Crisps
- Shredded Wheat

Bob's Red Mill

- Mighty Tasty Gluten Free Hot Cereal
- Rolled Hot 10 Grain Cereal
- Rolled Hot 5 Grain Cereal
- Thick Rolled Oats

Cascadian Farm

- Granola - Oats & Honey
- Multigrain Squares

Country Choice

- Old Fashion Organic Oatmeal

EnviroKidz

- Amazon Frosted Flakes Cereal
- Koala Krisp Cereal - Organic

Erewhon

- Fat Free Rice Cereal
- Low Salt Brown Rice Crispy Cereal
- Organic Brown Rice Cereal

Familia

- Muesli - No Sugar

Kashi

- 7 Grain Puffed Kashi
- Go Lean Cereal
- Go Lean Crunch Cereal
- Heart to Heart Cereal
- Honey Puffed Kashi

McCanns

- Instant Oatmeal
- Irish Tin Oatmeal
- Oatmeal
- Steel Cut Oats

Nature's Path

- Apple Cinnamon Oatmeal
- Fruit Juice Sweetened Corn Flakes
- Hemp Plus Granola
- Heritage Flakes
- Hot Cereal - Variety Pack

Cereal (Cont'd)

Nature's Path

- Maple Nut Oatmeal
- Millet Rice Flakes
- Muesli - Mesa Sunrise
- Multigrain Oat Bran Flakes
- O's Cereal
- Oat Bran Millet Rice Flakes
- Optimum Slim Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Heritage Flakes
- Organic Honey'd Sweetened Cornflakes

Pacific Grain

- Nutty Rice Cereal

Quinoa Corp

- Organic Quinoa Flakes

Us Mill

- Uncle Sam Cereal

Cheese

Organic Valley

- Organic Mozzarella

Vermont Butter-Cheese

- Quark Cheese

Chips, Pretzels and Snacks

365 Every Day Value™

- Tortilla Chips White Salted

365 Organic Every Day Value™

- Tortilla Chips Blue Salted
- Tortilla Chips White Salted

Arico

- Sea Salt Mist Cassava Chips

Bearitos

- No Oil Microwave Popcorn

Food Should Taste Good

- Jalapeno Tortilla Chips
- Multi-Grain Tortilla Chips
- Olive Tortilla Chips

Chips, Pretzels and Snacks (Cont'd)

Garden Of Eatin

- Blue Corn Sesame Chips
- Cantina White Chips
- Salted Blue Corn Chips
- Totopos Chili Lime Chips

Grainaissance

- Organic Mochi

Guiltless Gourmet

- No Salt Baked Chips

Kettle Chips

- Honey Dijon Potato Chips
- No Salt Potato Chips

Lundberg Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Organic Salted Popcorn Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Wild Rice Cakes

Mothers

- Caramel Popcorn
- No Salt Rice Cakes

Mr. Krispers

- Toasted Almond Chips

Nana's

- Yellow Tortilla Chips

Newman's Own Organic

- Light Microwave Popcorn
- No Butter No Salt Microwave Popcorn
- Unsalted Round Pretzels

Robert's American Gourmet

- Pirate's Booty
- Puffed Rice/Corn Veggie Booty
- Smart Puffs

Terra

- Original Chips
- Sticks
- Sweet Potato Chips
- Sweet Potato Spiced Chips

Coffee and Tea

365 Every Day Value™

Ground Decaf Hazelnut Coffee
Ground Hazelnut Coffee

Condiments

365 Every Day Value™

Balsamic Vinegar ,5 Years Old

365 Organic Every Day Value™

Balsamic Vinegar
Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Dijon Mustard
German Mustard
Worcestershire Sauce

Annie's Naturals

Balsamic Vinaigrette
Low Fat Raspberry Vinaigrette
Organic Green Garlic Dressing
Thousand Island Dressing

Briannas

Fat Free Lemon Tarragon Dressing
Real French Vinaigrette

Follow Your Heart

Vegenaise
Vegenaise Sandwich Spread

Grey Poupon

Dijon Mustard

Nasoya Foods

Fat Free Nayoanise
Tofu Nayoanise

Spectrum

Canola Mayonnaise
Organic Mayonnaise

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies
Honey Roasted Cranberry Delight Bar
Honey Roasted Granola Bar
Honey Roasted Trail Mix Bar
Lemon Wafers
Sugar Cookies

Barbara's Bakery

Chocolate Chip Snackimals
Traditional Fig Bars
Wheat Free Oatmeal Snackimals Cookies
Whole Wheat Fig Bars

EnviroKidz

Cheetah Berry Crispy Rice Bars

Health Valley

Amaranth Graham Crackers
Fat Free Strawberry Tarts

LaraBar

Cherry Pie Bar

Maya

Organic Chocolate Bar
Organic Chocolate Coffee Bar
Organic Chocolate Mint Bar
Organic Chocolate Orange Bar

Midel

Mini Pecan Cookies - Gluten Free

Newman's Own Organic

Alphabet Chocolate Cookies
Chocolate Creme Filled Cookies
Mint Creme Filled Cookies
Organic Chocolate Chip Cookies
Organic O's Cookies

Pamela's Products

Chunky Chocolate Chip Cookies - Wheat Free
Peanut Butter Cookies
Shortbread Butter Cookies

Crackers

365 Every Day Value™

Seaweed Rice Crackers
Unsalted Tops Saltines
Wasabi Rice Crackers

Crackers (Cont'd)

Edward & Sons

Brown Rice Sesame Snaps - Fat Free No Salt
Fat Free Tamari Sesame Brown Rice Snaps
Organic Brown Rice Snaps - Cheddar Low Salt/Fat
Organic Brown Rice Snaps - Vegetable Low Salt/Fat

Hain Pure Food

Oyster Crackers

Health Valley

Health Valley Rice Bran Crackers

Hol Grain

Low Salt Rice Crackers

Ryvit

Dark Crispbread
Sesame Rye Crispbread

Sesmark Foods

Brown Rice Thins

Stacy's

Simply Naked Bagel Chips
Simply Naked Pita
Simply Naked Pita Chips

Wasa Crispbread

Golden Rye Crispbread
Hearty Rye Crispbread
Light Rye Crispbread

Dairy

365 Organic Every Day Value™

Butter
Unsalted Butter

Cedar's Mediterranean Food Inc

Garlic Lovers Hummus
Tomato Basil Hummus

Earth Balance

Soy Garden Margarine

Friendship

No Salt Cottage Cheese

Dairy (Cont'd)

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir
Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve
Strawberry Milk, Single Serve

Organic Valley

Organic Neufchatel

Stonyfield Farm

Cherry and Berry Squeeze Yogurt
Non Fat Apricot Mango Yogurt
Non Fat Blueberry Yogurt
Non Fat Chocolate Yogurt
Non Fat French Vanilla Yogurt
Non Fat Plain Yogurt
Non Fat Raspberry Yogurt
Non Fat Strawberry Yogurt
Organic Low Fat Caramel Yogurt
Organic Low Fat Just Peachy Yogurt
Organic Low Fat Plain Yogurt
Organic Low Fat Tropical Fruit Yogurt Smoothie
Organic Plain Yogurt
Organic Strawberry Cream Yogurt
Organic Vanilla Yogurt
Organic Wild Blueberry Yogurt
Strawberry Peach Yogurt
Strawberry Squeeze Yogurt

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Peach Soy Yogurt
Plain Soy Yogurt
Vanilla Soy Yogurt

Dairy Alternatives

365 Organic Every Day Value™

Rice Milk, Vanilla
Soymilk, Unsweetened

Dairy Alternatives (Cont'd)

Blue Diamond

Almond Breeze - Chocolate
Almond Breeze - Original
Almond Breeze - Vanilla

Imagine Foods

Soy Dream Original
Soy Dream Vanilla

Pacific Foods

Original Oat Beverage
Vanilla Almond Milk

Rice Dream

Enriched Chocolate
Organic Enriched Original
Rice Dream Vanilla

Westsoy

Plus Plain Soy Beverage
Vanilla Plus Soy Beverage
Westsoy Low Fat Vanilla Calcium
Westsoy No Fat Vanilla
Westsoy Original
Westsoy Plain Low Fat Calcium

White Wave

Chocolate Silk Soy Beverage
Non Dairy Vanilla Soy Beverage
Plain 1% Silk Soy Beverage
Vanilla Silk Soy Beverage
Vanilla Silk Soy Beverage - Aseptic

Desserts

365 Every Day Value™

Chocolate Soy Cream
Vanilla Soy Cream

Ah!Laska

Organic Chocolate Syrup

Oetker

Organic Chocolate Pudding
Organic Coconut Pudding
Organic Vanilla Pudding

Desserts (Cont'd)

Santa Cruz Organic

Organic Chocolate Syrup

Energy and Nutrition Bars/Drinks

365 Organic Every Day Value™

Honey Roasted Cranberry Delight Bar
Honey Roasted Granola Bar
Honey Roasted Trail Mix Bar

LaraBar

Cherry Pie Bar

Maya

Organic Chocolate Bar
Organic Chocolate Coffee Bar
Organic Chocolate Mint Bar
Organic Chocolate Orange Bar

Entrees and Mixes

Bob's Red Mill

Vegetable Protein

Fantastic Foods

Couscous

Near East

Couscous

Ethnic Foods

365 Every Day Value™

Asian Stir Fry
Bamboo Shoots, Sliced
Water Chestnuts, Sliced
Water Chestnuts, Whole

365 Organic Every Day Value™

Blue Corn Taco Shells
Coconut Milk
Coconut Milk, Lite
Yellow Corn Taco Shells

Frozen Foods

365 Every Day Value™

- Asian Stir Fry
- Broccoli Florettes
- Chocolate Soy Cream
- Crinkle Cut Fries
- Cut Okra
- Edamame Pods
- Frozen Chopped Spinach
- Frozen Cut Corn
- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries
- Frozen Sliced Peaches
- Mixed Vegetables
- Shelled Edamame Beans, Blanched
- Shredded Hashbrowns
- Vanilla Soy Cream

365 Organic Every Day Value™

- Asparagus Spears
- Crinkle Cuts
- Cut Green Beans
- Edamame Pods
- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Supersweet Corn
- Frozen Wild Blueberries
- Mixed Vegetables
- Peas & Carrots
- Potatoes O'Brien
- Shelled Edamame Beans
- Shoestring Potatoes
- Super Sweet White Corn

Alvarado Street Bakery

- Sesame Seed Bagels

Ben And Jerrys

- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

Frozen Foods (Cont'd)

Imagine Foods

- Lil' Dream - Vanilla - Organic

Perfect Additions

- Unsalted Beef Stock

Rice Dream

- Vanilla Rice Dream Beverage

Soy Delicious

- Almond Pecan Soy Frozen Dessert

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles
- Original Blueberry Mini Waffles

Whole Catch™

- Sea Scallops

Grains and Rice

Lundberg Farms

- Countrywild Brown Rice
- Organic Basmati Brown Rice
- Organic Basmati Rice
- Wild Blend Brown Rice

Jams and Nut Butters

365 Every Day Value™

- Creamy Peanut Butter
- Crunchy Peanut Butter

Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Plum Fruit Spread
- Organic Wild Berry Fruit Spread

Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blackberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

Jams and Nut Butters (Cont'd)

Im Health

- Chunky Soy Nut Butter with Honey
- Creamy Soy Nut Butter
- Organic Soy Nut Butter

St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Red Raspberry Preserves
- Strawberry Preserves

Meat Alternatives

365 Organic Every Day Value™

- Extra Firm Tofu
- Firm Tofu

Nasoya Foods

- Extra Firm Tofu - Organic
- Firm Tofu - Organic
- Silken Tofu - Organic
- Soft Tofu - Organic

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Organic Every Day Value™

- Dried Apricots
- Dried Cherries
- Dried Cranberries
- Dried Fruit Delight Mix
- Fruit, Chocolate & Nut Mix
- Roasted & Salted Soynuts
- Roasted & Unsalted Soynuts
- Thompson Raisins

Whole Kids Organic™

- Raisins - 6 pk
- Seedless Thompson Raisins

Oils

365 Organic Every Day Value™

- Expeller Pressed Canola Oil
- Olive Oil Imported

Pasta

365 Every Day Value™

- No Boil Lasagna
- Pasta, Capellini
- Pasta, Fusilli
- Pasta, Linguine
- Pasta, Penne Rigate
- Spaghetti
- Tri-color Fusilli

365 Organic Every Day Value™

- Elbows
- Fusilli
- Lasagne
- Linguine
- Spaghetti
- Whole Wheat Fusilli
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
- Whole Wheat Shells
- Whole Wheat Spaghetti

Sauces, Salsas and Dips

Green Mountain Gringo

- Chile Salsa
- Mild Salsa

Seafood

Whole Catch™

- Sea Scallops

Soups

365 Organic Every Day Value™

- Low Sodium Chicken Broth

Health Valley

- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt

Soups (Cont'd)

Health Valley

- Organic Tomato No Salt Soup
- Potato Leek Soup - No Salt
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Shelton's

- Chicken Broth Low Salt, Low Fat

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses

Wholesome Foods

- Organic Blackstrap Molasses